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雑誌 45704-49　小学館

DVD観たり、花火見たり、
お月見したり、ジョギングしたり
一人よりも二人がいい。
慧子（けいこ）と蘭（らん）の二人ぐらしを
覗いてみませんか。

装画／アキリ　装丁／弥陽子（KOTE）

ストレッチ

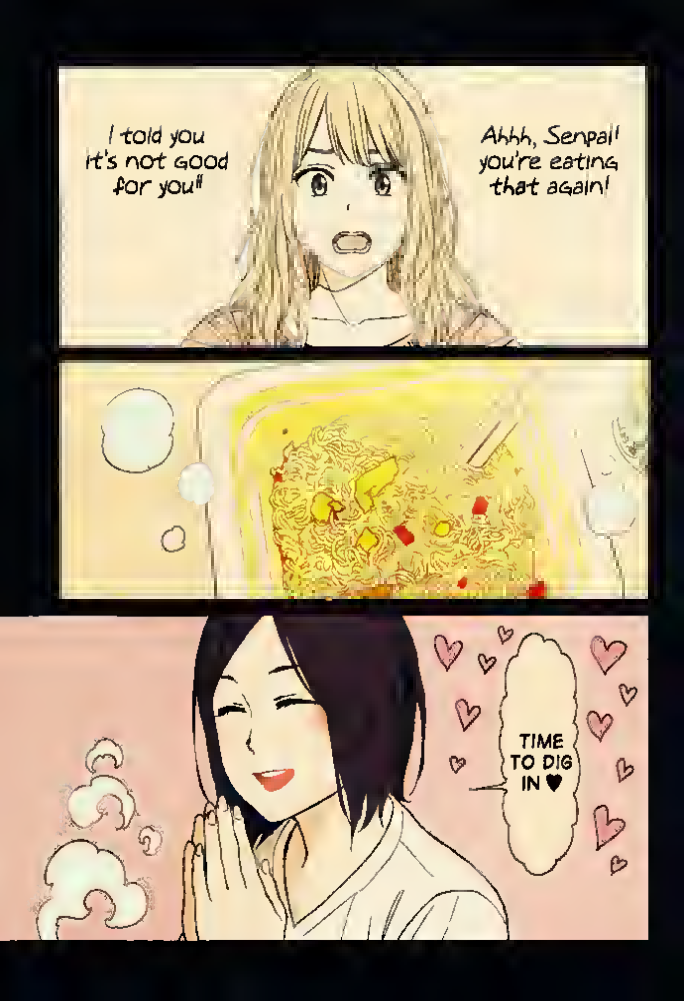
2

アキリ

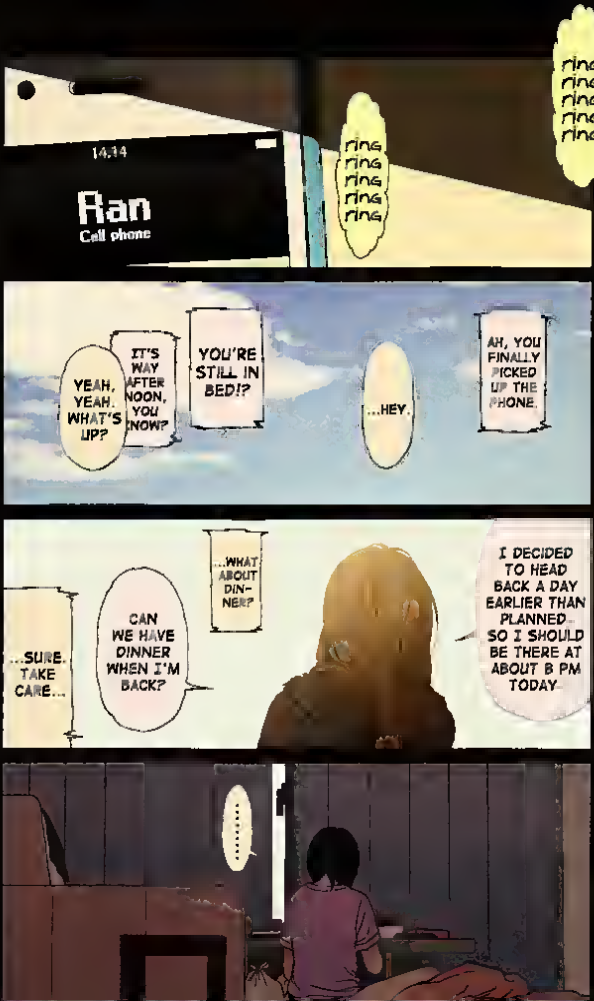
小学館

ストレッチ②
アキリ

IT'S OKAY, DON'T WORRY ABOUT IT.
I MEAN I WAS DRUNK TOO
SURE
LET'S DO IT AGAIN.
OKAY. SEE YOU!
SFX: RUSTLE RUSTLE
LET'S SEE.
SFX: ORIN


I told you it's not good for you!!
Ahhh, Senpai! you're eating that again!
TIME TO DIG IN ♥

.....
SFX: ROLL
AHH!
MAAA AAN!
SO BOR-ING ...


14:14
Ran
Call phone
ring ring ring ring ring
ring ring ring ring ring
YEAH, YEAH. WHAT'S UP?
IT'S WAY AFTER NOON, YOU KNOW?
YOU'RE STILL IN BED!?
...HEY.
AH, YOU FINALLY PICKED UP THE PHONE.
...SURE. TAKE CARE...
CAN WE HAVE DINNER WHEN I'M BACK?
...WHAT ABOUT DIN-NER?
I DECIDED TO HEAD BACK A DAY EARLIER THAN PLANNED SO I SHOULD BE THERE AT ABOUT 8 PM TODAY.
.....

OH NO!
WHAT A PAIN ...

CONTENTS

12
13
14
15
16
17
18
19
20
21
23

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

11.5

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BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ
Extra

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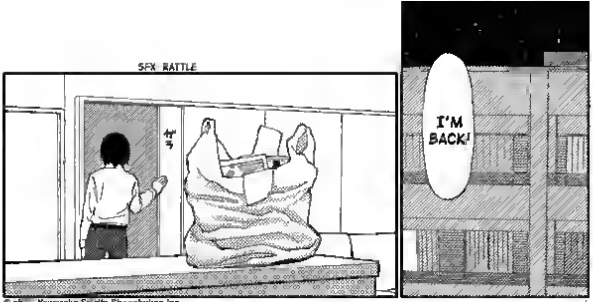

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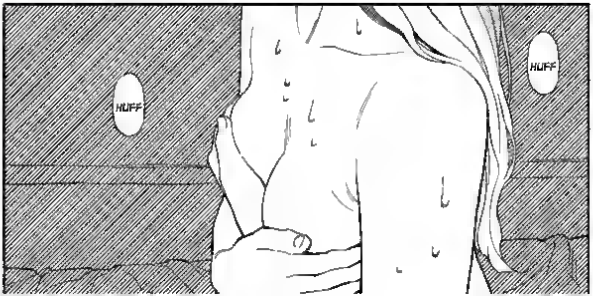
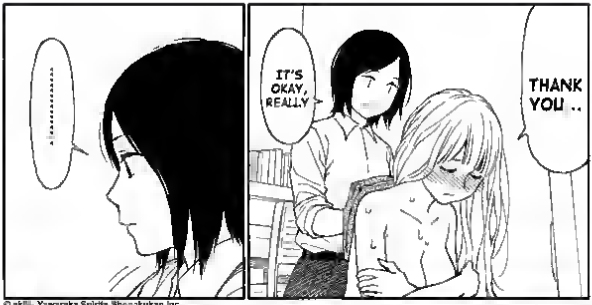
12





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SFX WHOOSH

❶ Latissimus Dorsi / Gluteus Maximus stretch

I Press your chest onto your partner's back and hold their thighs down.
II Work your way upwards little by little while applying pressure.

WELL YOU'VE BEEN IN BED FOR DAYS AFTER ALL..
BUT MY BODY IS ALL SORE
SHOULD WE REALLY BE DOING THIS? YOU GOT A TEMPERATURE, Y KNOW?
SFX PUSH..

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❷ Gluteus Maximus / Hamstring stretch

I. Grab hold your partner's knees
II. Push them down towards your partner's shoulders

❸ **Hamstring Iliopsoas**

I. Extend one of your partner's legs and hold it down.

II. Bend the other at the knee and slowly push it down toward your partner's shoulder.

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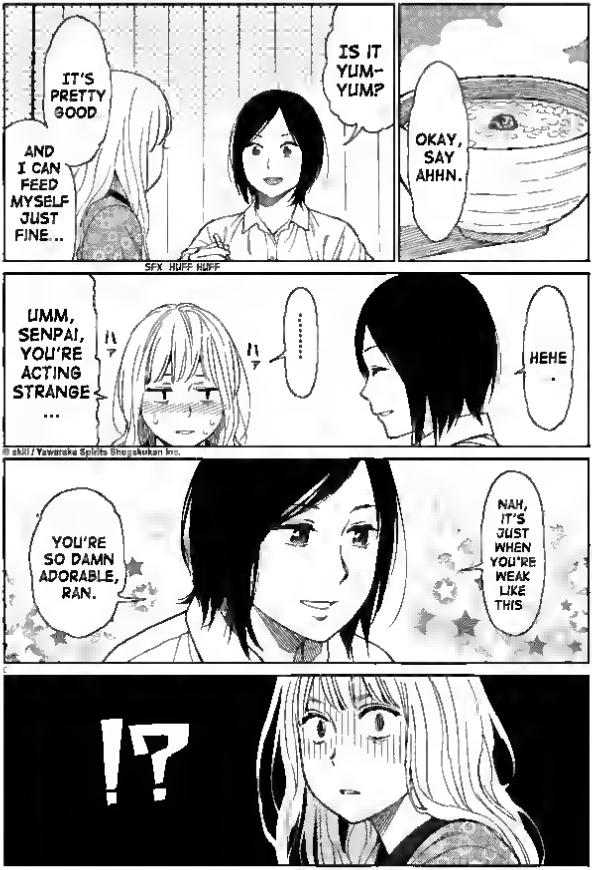
III. You can also use your body to push it down. (The Iliopsoas of the extended leg will get stretched better that way.)

❹ Abdominal Oblique Gluteus Maximus Latissimus Dorsi

I. Hold one of your partner s shoulder down
II. Grab the knee on the same side and push it towards the opposite side.

❺ Abdominal Oblique Gluteus Medius Latissimus Dorsi

Hold both of your partner's ankles and turn them left and right.


IS IT YUM-YUM?
OKAY, SAY AHHN.
IT'S PRETTY GOOD
AND I CAN FEED MYSELF JUST FINE...
SFX HUFF HUFF
UMM, SENPAI, YOU'RE ACTING STRANGE ...
ハァ
ハァ
.....
HEHE.
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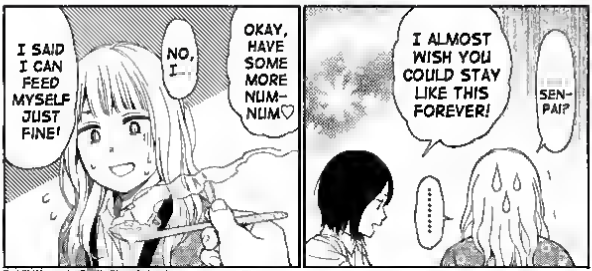
YOU'RE SO DAMN ADORABLE, RAN.
NAH, IT'S JUST WHEN YOU'RE WEAK LIKE THIS
!?



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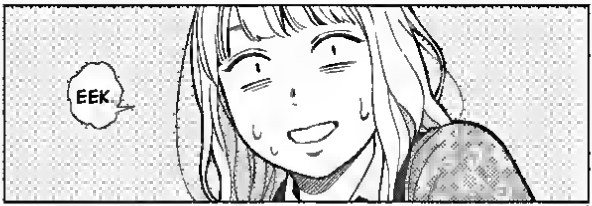

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.....
YOU ARE ADORABLE WHEN YOU ARE WEAK LIKE THIS, SENPAI♡
ニヤァ
SFX. SMIRK

★ Overlooked muscles ① Adductors

Also called "Inner thighs", the Adductors are used when you close or cross your legs, for example. They will weaken if you keep your legs crossed for extended periods of time.

Located here

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12
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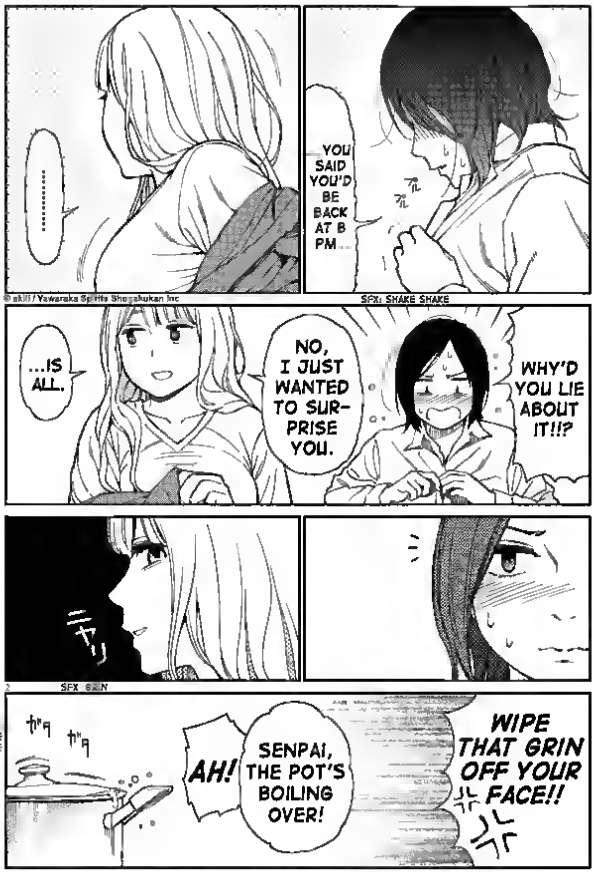

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© akiri / Yawaraka Spirits Shogakukan Inc.
DINNER WILL BE READY IN A FEW.
OKAA AAY.

Stretches for when you've been on your feet all day

❷ Quadriceps femoris stretch x 10

Balance on one leg, then swing the other leg forward and back and left and right.

❶ Hamstring stretch 15 sec.

Place one leg directly in front of the body with toes pointing upward, then bend forward while keeping your back straight.

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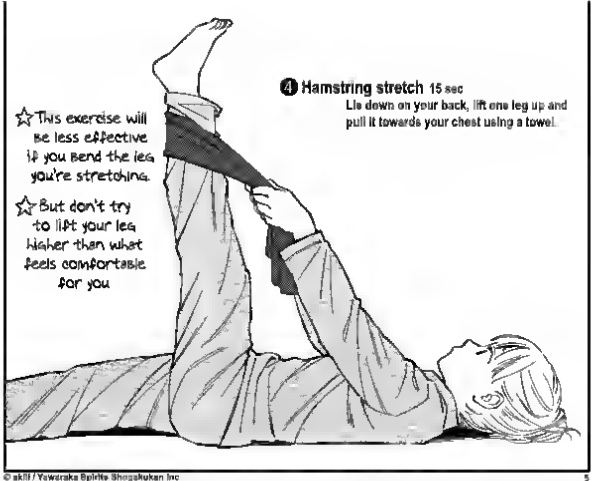
❸ Quadricepa femoris atretch

15 sec.

Sit down with one leg extended and one leg bent at the knee, then lean back


☆This exercise will be less effective if you bend the leg you're stretching.
☆But don't try to lift your leg higher than what feels comfortable for you
4 Hamstring stretch 15 sec
Lie down on your back, lift one leg up and pull it towards your chest using a towel.

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6 Soleus stretch
15 sec.
Get into a lunge position with one leg forward and one leg back. then lean forward over the front foot with your body weight.
OKAA AAY
SET THE TABLE, RAN

SHE'S FEELING A LOOOT BETTER NOW.
HOW WAS YOUR MOM?
SO
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YES.
SIP
THAT'S GREAT NEWS.
6
I WENT TO WATCH THE SEA.
WHAT IS IT? IT'S NOT LIKE YOU TO GET DRUNK THIS FAST.
SEN-PAAAI.
AHH, I PREFER WINE AFTER ALL!

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ZZZ.....
WHY, YOU
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TOO HOT.
YOU KNOW WHAT? I DON'T CARE
WHEW.
NNSH
WHY ARE YOU SO DAMN HEAVY

★ Overlooked muscles ② Iliopsoas

The Iliopsoas are inner hip muscles you use when you lift your knees
They also determine your pelvic inclination angle.
As a general rule, people with stronger Iliopsoas muscles run faster

Located here

Stretch
ストレッチ
13
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SURE!
CAN WE VISIT YOU TODAY AND TAKE A LOOK AT IT?
ME TOO!
WOAH, I WANNA SEE IT.
RIGHT NOW IT'S ABOUT THIS BIG!
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I'LL WATER IT BEFORE THEY COME.
たっ
たっ
たっ
たっ
たっ
たっ
SFX SLIP
SFX TAP TAP TAP TAP TAP TAP TAP

© shii / Yawaraka Spirits Shogakukan Inc.

STOP...
STOP IT!
LET GO!
SFX: PULL PULL PULL
AH!
SFX: SNAP
ぶちっ
UGH!
SFX: SLIP SLIP SLIP
© akfl / Yawaraka Spirits Shogakukan Inc.
SFX: SILENCE

WHAT'S WRONG, KEIKO?
ぽたぽた

SFX: DRIP DRIP

MOM...
STAY AWAY FROM ME.
AH...
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AH...
LOOK AT YOU. YOU GOT YOURSELF DIRTY.
EH...
S-
SORRY, GUYS!
LOOK. YOUR FRIENDS ARE WATCHING.
SHAME ON YOU.
WHAT A STUPID KID! YOU ARE CRYING OVER SUCH PETTY THINGS.

I'LL DO IT SOME OTHER TIME!
BUT I PRO-MISE ...
I CAN'T SHOW IT TO YOU GUYS ANYMORE.
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SFX: BZZ BZZ BZZ
I'LL BE LOOKING FORWARD TO IT!
YEAH!
IT'S OKAY, KEIKO, DON'T WORRY ABOUT IT.
HAVEN'T SEEN YOU AROUND LATELY. WHAT HAVE YOU BEEN DOING?
Ah
SFX: THUD

© eiili / Yawaraka Spirits Shogakukan Inc.

GOOD-BYE.

© ak Yawaraka Spirits Shoujo kan inc

SFX HUG
© skill Yawaraka Spirits Shoujo Isan inc
UH
UHH

★ Overlooked muscles ③ Gluteus Medius

Sitting at the upper, outer quadrant of the Gluteus Maximus (your buttocks), the Gluteus Medius moves your upper leg outward to the side. You also use it when you stand on one leg. If you want a firm, tight butt, these are the muscles you'd want to train.

Located here

Stretch
ストレッチ
14
akili
アキリ

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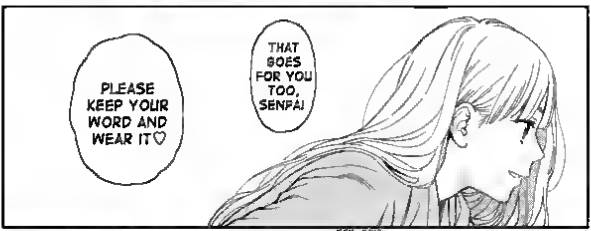
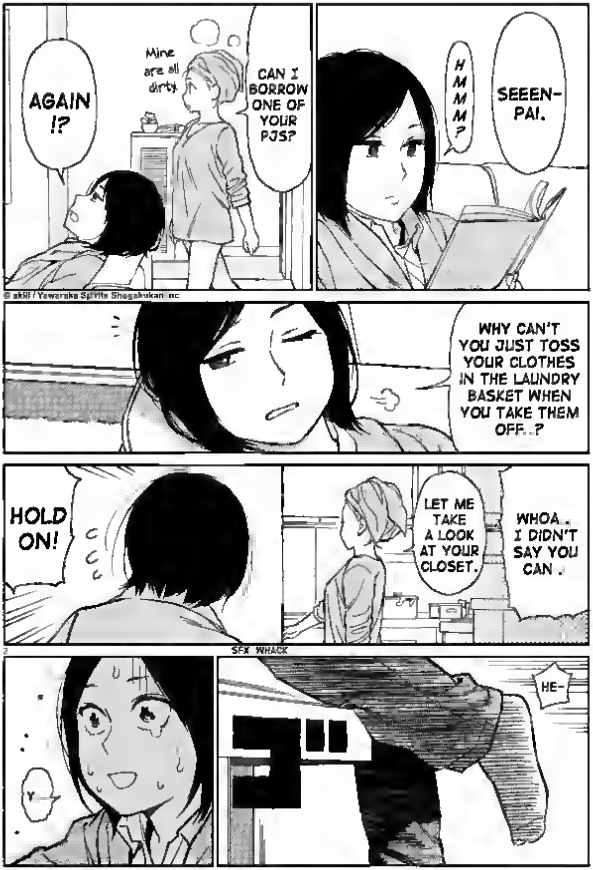
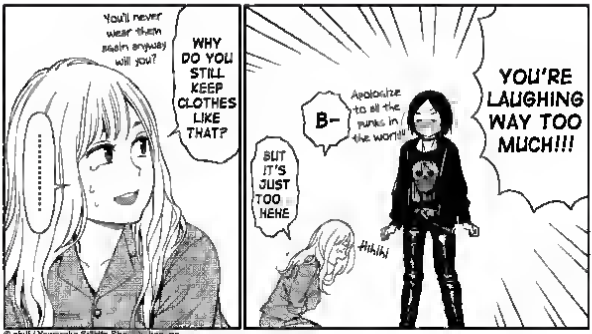
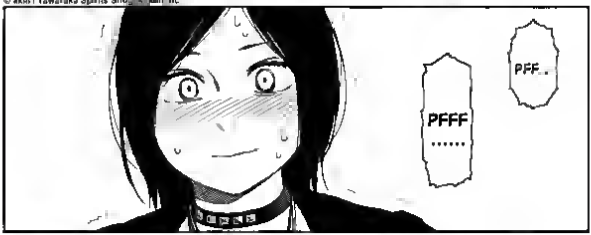



SEEEN-PAI.
HMMM?
CAN I BORROW ONE OF YOUR PJS?
Mine are all dirty.
AGAIN!?
© akiri / Yawaraka Spirits Shogakukan Inc
WHY CAN'T YOU JUST TOSS YOUR CLOTHES IN THE LAUNDRY BASKET WHEN YOU TAKE THEM OFF...?
WHOA. I DIDN'T SAY YOU CAN.
LET ME TAKE A LOOK AT YOUR CLOSET.
HOLD ON!
SFX WHACK
HE-
Y-

SFX: WOBBLE
GRIN
AHHH, YOU CAN BE SUCH A PAIN.
SFX: SHAKE SHAKE
HAHA UGH
COUGH GAHAHA HAHAHA
WAHA HAHA HAHA HAHA
AHHHH HAHAHA HAHAHA HAHAHA
HA! HIHI ...
"KOMATSU"
小松
HA!


You'll never wear them again anyway will you?
WHY DO YOU STILL KEEP CLOTHES LIKE THAT?
.....
YOU'RE LAUGHING WAY TOO MUCH!!!
B-
Apologize to all the punks in the world!!
BUT IT'S JUST TOO HEHE
Hiki
© akuli / Yawaraka Spirits Sho... ...kan inc.



.....
HOW'S IT LOOK?
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IT-
DOESN'T LOOK CUTE ON YOU AT ALL!
OH REAL-LY?
Doesn't suit you, seriously

❶ Deltoid stretch
10 sec.

Clasp your hands together behind the body and try to lift your hands towards the ceiling while keeping your arms and torso straight.

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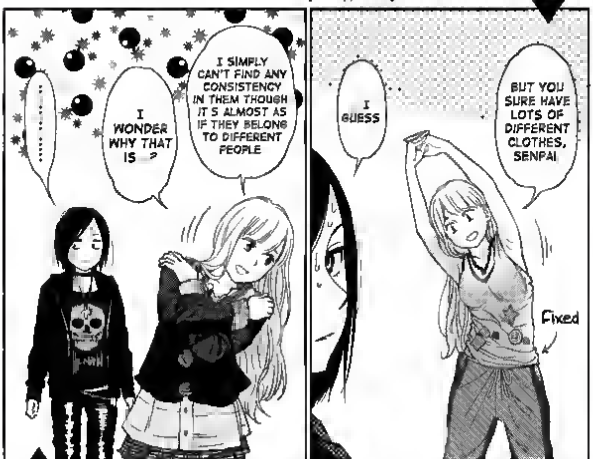
❷ Latissimus Dorsi stretch
10 sec

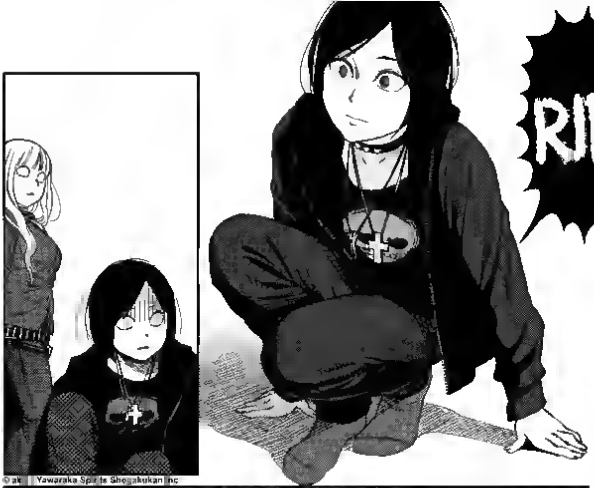
1 Clasp your hands together above your head
2 Keep your chest tall and reach up as high as possible
3 Lower your upper body to the side


I WONDER WHY THAT IS ?
I SIMPLY CAN'T FIND ANY CONSISTENCY IN THEM THOUGH IT'S ALMOST AS IF THEY BELONG TO DIFFERENT PEOPLE
I GUESS
BUT YOU SURE HAVE LOTS OF DIFFERENT CLOTHES, SENPAI
Fixed

❸ Quadratus Lumborum stretch
10 sec.

1 Cross your hands over your chest and place them on your shoulders
2 Lower your upper body to the side without moving your pelvis

❹ Core stretch
x 10
Stand with your feet shoulder-width apart and twist your upper body in both directions while keeping your waist fixed
WAHHHHHHH
ARE YOU ONE OF THOSE PEOPLE THAT CHANGE THEIR FASHION WITH EVERY NEW PARTNER?
SFX TWIST
❺ Trapezius etc stretch
10 sec.
Stand upright with your palms on the back of your head and pull your head down.
EMBARASSMENT
HUFF
'KAY.
But it'd be such a waste.
You should just throw them away.
THIS ONE NEXT
YOU'RE SUCH AN EMBARRASSING PERSON, SENPAI
❻ Soleus stretch
10 sec
1. Kneel on one knee and place your arms on the other.
2. Place your body weight on your knee



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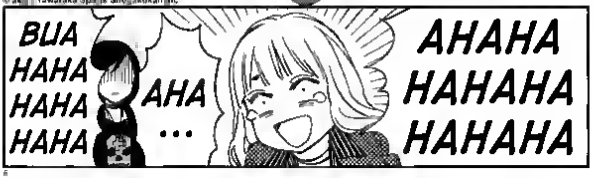

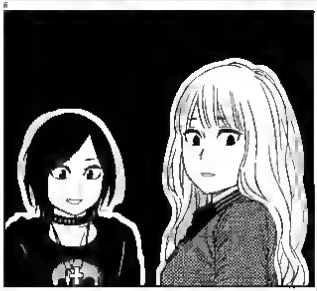

★ Overlooked muscles ④ Deltoids

The Deltoids are referred to as "shoulder pads" since they are directly on top of your shoulders and make them look broader.
They are used when you throw things.

Stretch
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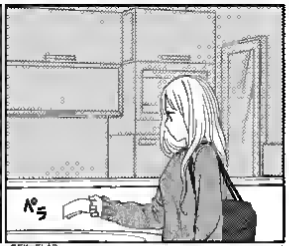
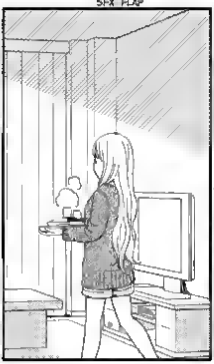
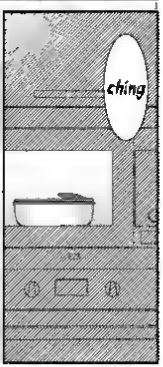
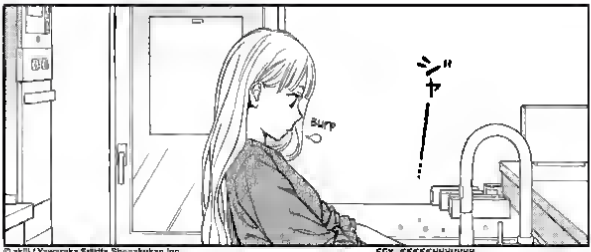


SFX: FLAP







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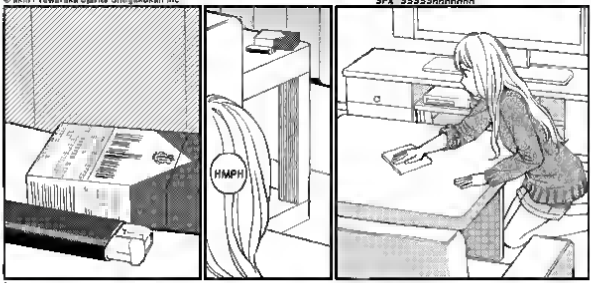

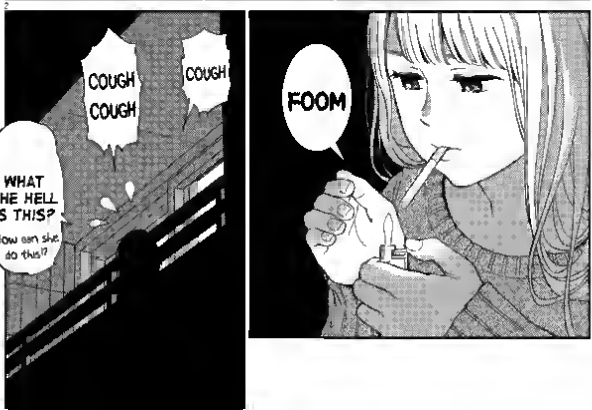

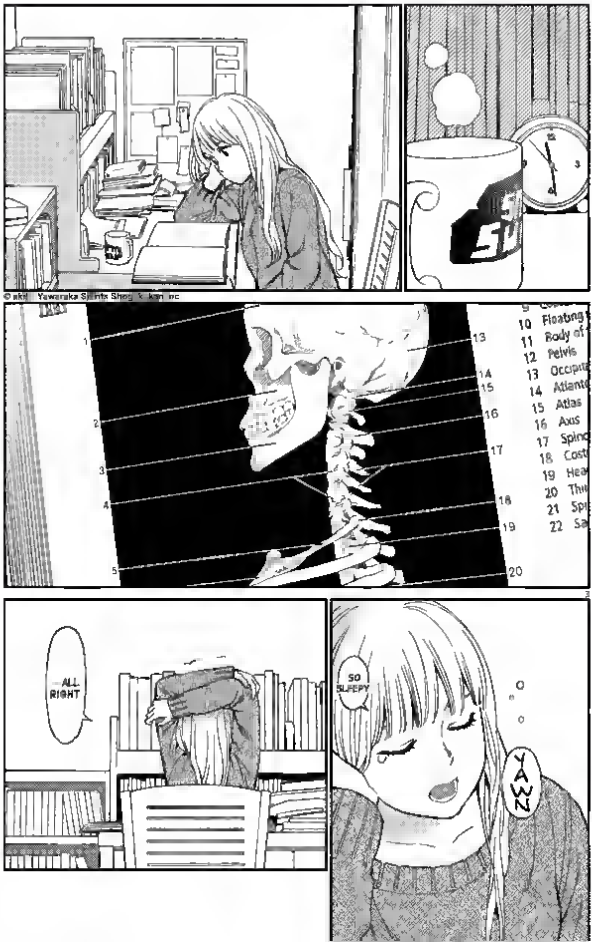
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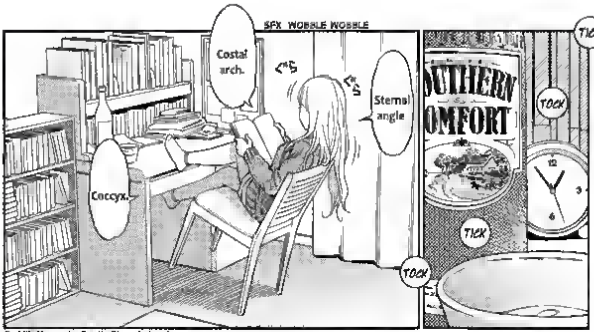
10 Floating
11 Body of
12 Pelvis
13 Occipita
14 Atlanto
15 Atlas
16 Axis
17 Spino
18 Cost
19 Hea
20 Thu
21 Spi
22 Sa
ALL RIGHT
SO SLEEPY
YAWN



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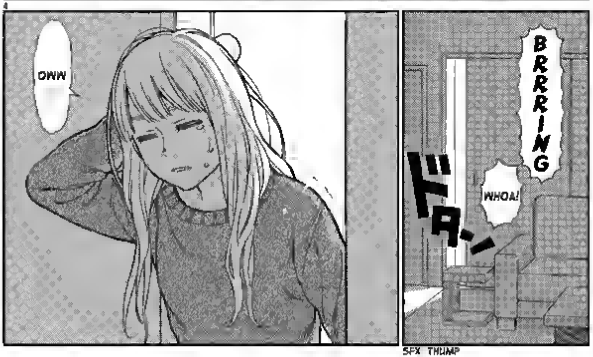

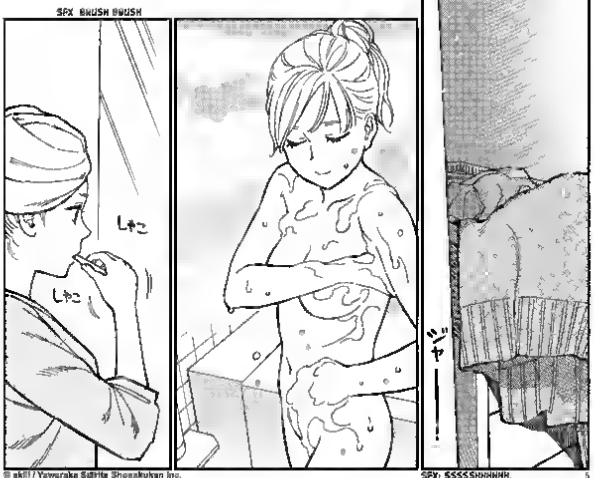

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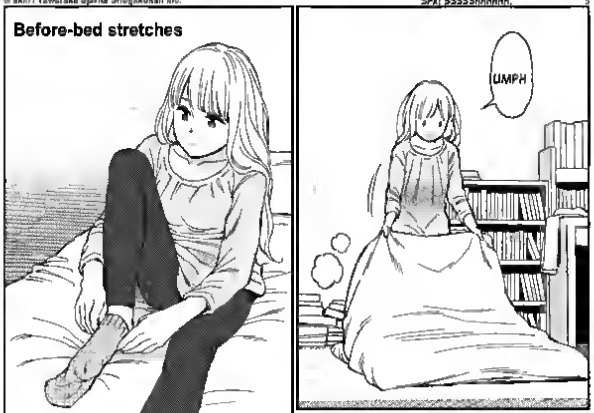
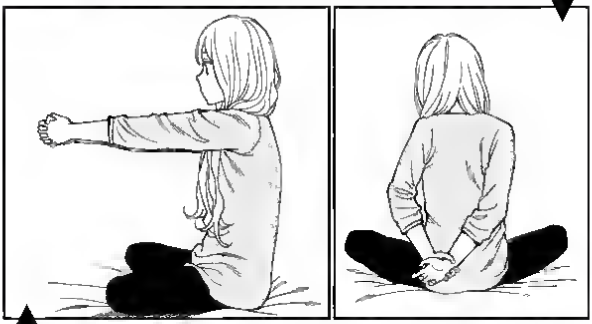


❶ **Sternocleidomastoid stretch**
10 sec.

I. Sit down cross-legged and hold your hand behind your back
II Pull your arm down and to the side and tilt your head to the side



❷ **Rhomboid Lower Trapezius stretch**
10 sec

I Clasp your hands together in front of you and extend your arms
II Reach out so that your shoulder blades stretch away from each other

❸ **Latissimus Dorsi stretch**
10 sec.

Get down on all fours lean forward with the arms outstretched and stretch your back into an arch

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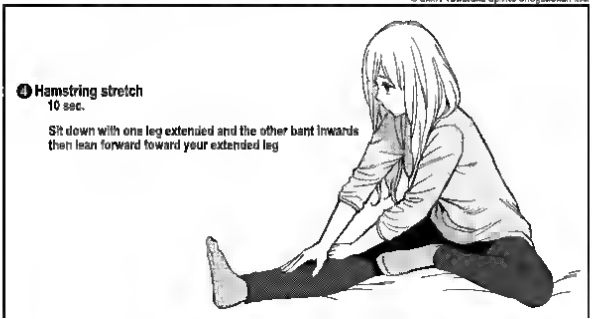
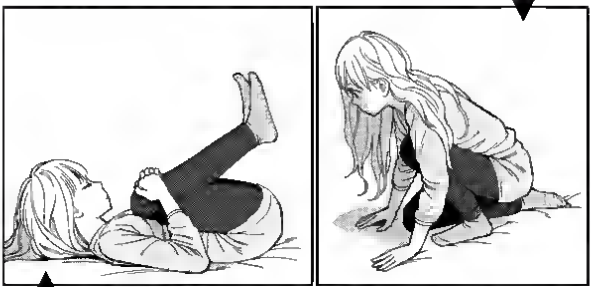


❹ **Hamstring stretch**
10 sec.

Sit down with one leg extended and the other bent inwards
then lean forward toward your extended leg

❺ Soleus stretch
10 sec.

Kneel on one knee and place your body weight on that knee.



❻ Erector Spinae
Quadratus Lumborum stretch
10 sec

Lie down on your back, hold your knees and round your back.

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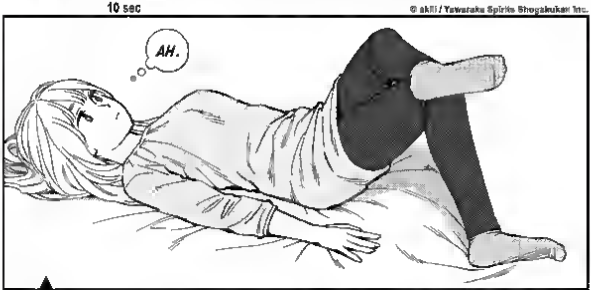


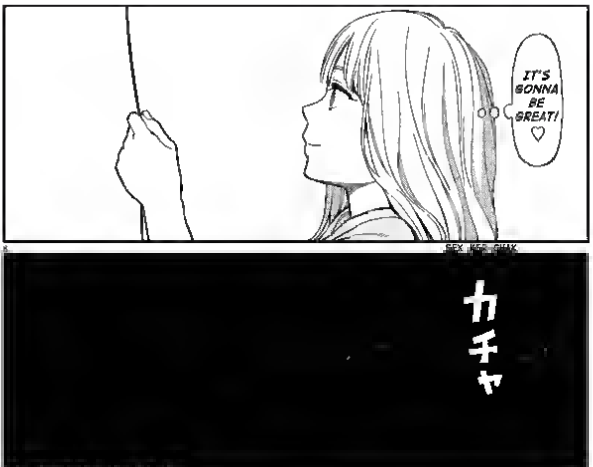
❼ Piriformis stretch
10 sec

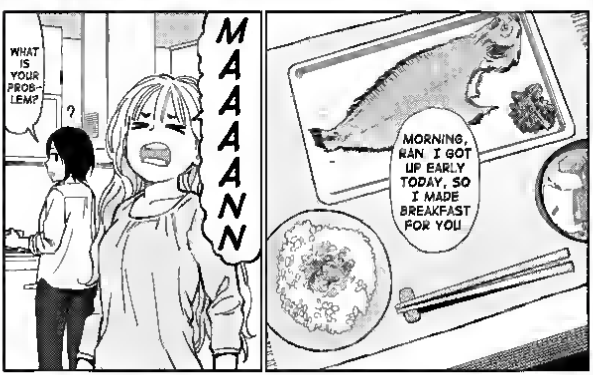
1. Lie down on your back, bend your knees and turn them to one side
2. Cross the ankle of that side over the opposite knee and hold.

SPREAD A THICK LAYER OF THE JAM THE BAR MANAGER GAVE ME
THEN PUT SOME AVOCADO AND SALAD ON IT
PLUS A CUP OF CORN SOUP
I THINK I'LL HAVE BREAD FOR BREAKFAST TOMORROW
It's been a while.

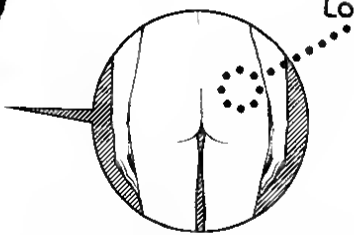
❽ Trapezius
Splenius Capitis stretch
10 sec.

Lie down on your back with your hands behind your head and lift your head and neck off the ground.


IT'S GONNA BE GREAT! ♡
カチャ


MAAAANN
WHAT IS YOUR PROBLEM?
MORNING, RAN. I GOT UP EARLY TODAY, SO I MADE BREAKFAST FOR YOU!

★ Overlooked muscles ⑤ Piriformis



The Piriformis is in charge of turning and rotating your hip outward.
Desk work is especially hard on these. Keep them contracted for extended periods of time and you run a risk of developing BOW legs.
The cause of tears for many girls!

Stretch

ストレッチ

16

akili

アキリ

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WHA!?
THAT WAS SOOO LAME
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キィイイ
HE'S ONE OF THE MAJOR CHARAC-TERS!
WERE YOU EVEN PAYING ATTEN-TION?
WHAT'S GOOD ABOUT THAT PIECE OF JUNK? WHY'D THEY GIVE HIM SUCH A WEIRD PERSONALITY ANYWAY?
MARVIN IS THE BEST ROBOT EVER!!
WHAT'S WITH THAT GLOOMY ROBOT?
He was so annoying.
SFX: SQUEAK
HM?
NEXT ONE! LET'S WATCH THE NEXT ONE!
SFX SQUEEZE SQUEEZE
SIGH THIS IS WHY I DON'T LIKE WATCHING MOVIES WITH SLOW-WITTED PEOPLE.
YEAH, WHAT-EVER. LET'S WATCH THE NEXT ONE!

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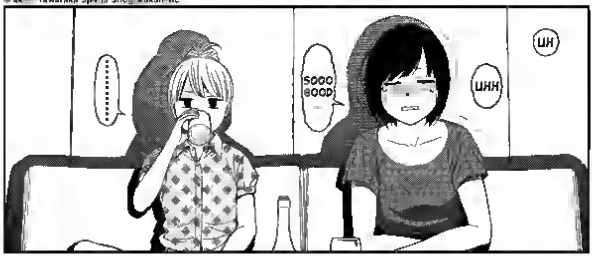

YEAH, A TRULY WONDERFUL MOVIE. I COULD FEEL MY IQ PLUMMETING WITH EVERY PASSING MINUTE OF THIS GREAT MOVIE — IT'S ALMOST AMAZING HOW THEY ACTUALLY MANAGED TO SCREW UP A MOVIE WITH A SCRIPT AS SIMPLE AND GENERIC AS THIS ONE. IN SHORT, IT'S A COMPLETE PIECE OF CRAP.

SFX: BLOOM SOB SOB

SFX: FLINCH

3

❶ **Abdominal Rectus External Oblique** stretch
10 sec.

Bend forward at the waist and pull your partner up by the arms on your back over your hips

I RESPECT YOU FROM THE BOTTOM OF MY HEART, SENPAI, BECAUSE YOU CAN CRY WATCHING A MOVIE LIKE THAT
I FEEL LIKE THROWING HER ACROSS THE ROOM

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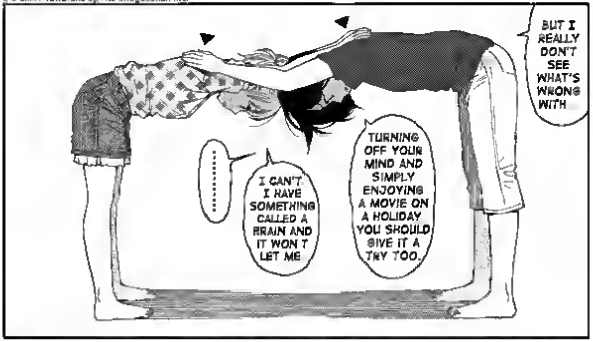
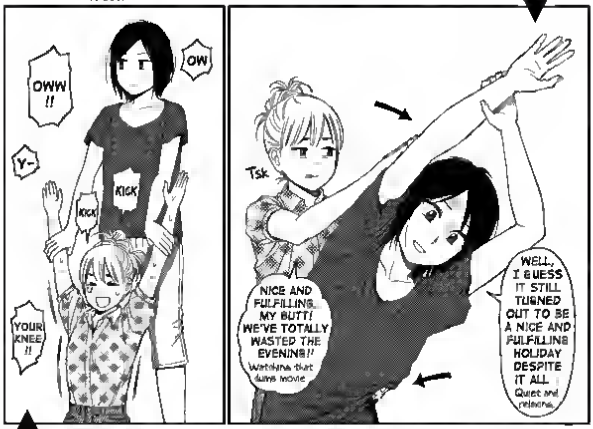

BUT I REALLY DON'T SEE WHAT'S WRONG WITH
I CAN'T. I HAVE SOMETHING CALLED A BRAIN AND IT WON'T LET ME
TURNING OFF YOUR MIND AND SIMPLY ENJOYING A MOVIE ON A HOLIDAY YOU SHOULD GIVE IT A TRY TOO.

❷ **Latissimus Dorsi etc stretch**
10 sec.

I Stand facing each other and put your hands on each other's shoulders
II Bend forward at 90 degrees and prese on each other's shoulders

❸ **Quadratus Lumborum External Oblique** stretch
10 sec.

I. Extend both arms up and hold the ankle of the arm to be stretched
II. Bend to the side while your partner supports your waist.


OWW !!
OW
Y-
KICK
KICK
YOUR KNEE !!
Tsk
NICE AND FULFILLING. MY BUTT! WE'VE TOTALLY WASTED THE EVENING!! Watching that dumb movie
WELL, I GUESS IT STILL TURNED OUT TO BE A NICE AND FULFILLING HOLIDAY DESPITE IT ALL. Quiet and relaxing.

❹ **Serratus Anterior Triceps Brachii** etc stretch
10 sec

I. Extend both arms up and relax while keeping your chest tall
II. Have your partner hold your elbows from behind and pull them back.

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❺ **Sternocleidomastoid** etc stretch
10 sec.

Have your partner tilt your head to the side while holding down your shoulder

SFX: RATTLE
SFX: SSSHHHH
カラ…
GULP
ザー
© ak Yawaraka Spirits Shogakukan Inc
BACK TO WORK YOU BO!
SIGH... BACK TO WORK TO-MORROW, HUH. Gives me the blues
SHUT UP, STUDENT.
6
SFX: FLASH
I WISH I HAD SUMMER VACATION TOO...

SFX: BOOM
LET'S GO! LET'S GO!!
OH RIGHT. THERE'S A FIRE-WORKS DISPLAY TODAY
SFX: THUD
ker-chak
ALL RIGHT, I'LL JUST GO ALONE THEN!
NAH, I JUST WASHED MY MAKE-UP OFF...
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SFX: CRUNCH CRUNCH
ポリ
ポリ
dun
dun
dun
Ker-
chak
WEL-
COME
BACK.
WHY
DIDN'T
YOU
COME
AFTER
ME!!?

★ Overlooked muscles ⑥ Serratus Anterior

The Serratus Anterior muscle wraps around the side of your ribcage up to your armpits and its function is to retract your shoulder blades.
Actually, the Serratus Anterior is a lot like an "internal bra" as it supports your breasts too.

Stretch
ストレッチ
17
akili
アキリ

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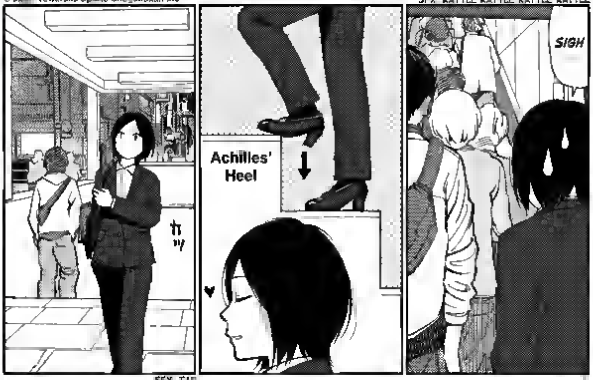
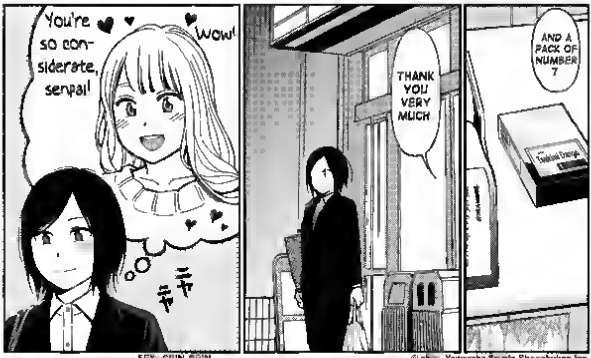
SFX: RATTLE RATTLE RATTLE RATTLE





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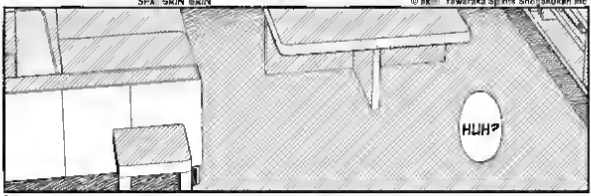

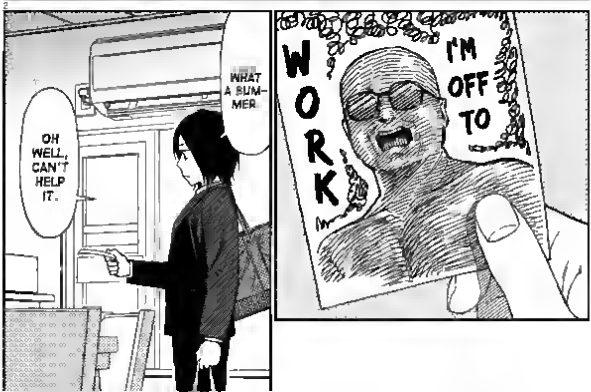

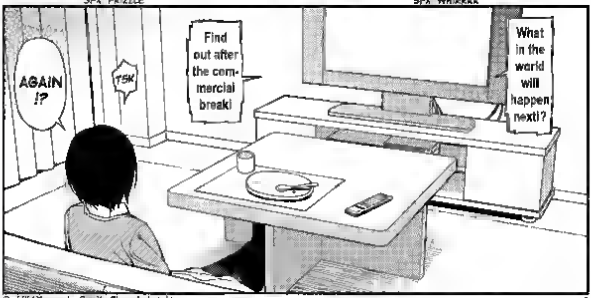

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SHE'S TAKING LONG
Oo
❶ Sternocleidomastoid stretch
10 sec.
Use your fingertips to tilt your head to the side by the chin.
Try not to move your body alone.

❷ Sternocleidomastoid stretch
10 sec.
Slowly push your chin upwards with your hand.

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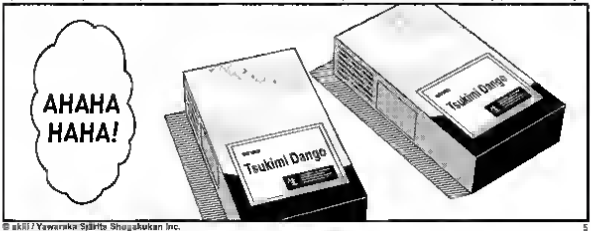
❹ External Rotation stretch 10 sec.
Reach one arm behind the back and use the other arm to pull your elbow forward.

Keep your shoulders parallel to the floor.

❸ Trapezius stretch 10 sec.
Reach one arm behind the back and use the other arm to pull your head to the opposite side.

T/L NOTE: TSUKIMI REFERS TO THE JAPANESE TRADITION OF CELEBRATING THE BEAUTY OF THE MOON ON THE 15TH DAY OF THE EIGHTH MONTH OF THE TRADITIONAL JAPANESE SOLAR CALENDAR BY EATING SPECIAL DANGO (RICE DUMPLINGS)



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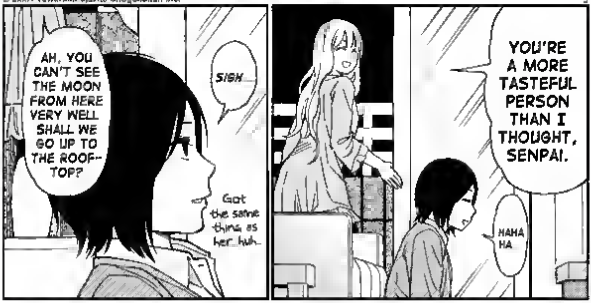
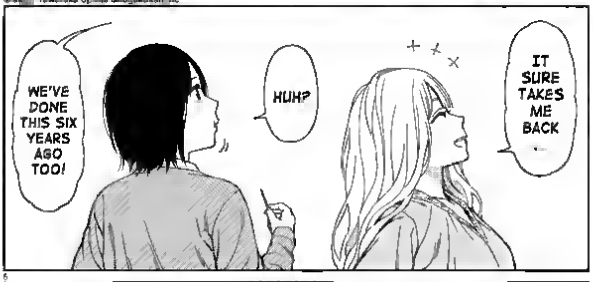
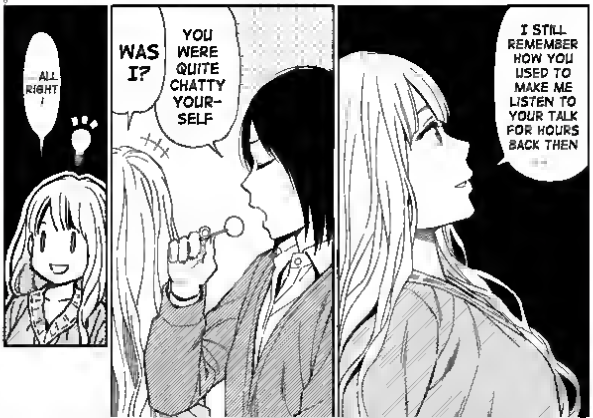

AH, YOU CAN'T SEE THE MOON FROM HERE VERY WELL SHALL WE GO UP TO THE ROOF-TOP?
SIGH...
Got the same thing as her, huh.
YOU'RE A MORE TASTEFUL PERSON THAN I THOUGHT, SENPAI.
HAHA HA

HUH, REALLY?
WHICH REMINDS ME I HEARD THE 15TH LUNAR DAY THIS YEAR IS A PERFECT FULL-MOON DAY AFTER SIX YEARS


WE'VE DONE THIS SIX YEARS AGO TOO!
HUH?
IT SURE TAKES ME BACK


ALL RIGHT!
WAS I?
YOU WERE QUITE CHATTY YOURSELF
I STILL REMEMBER HOW YOU USED TO MAKE ME LISTEN TO YOUR TALK FOR HOURS BACK THEN

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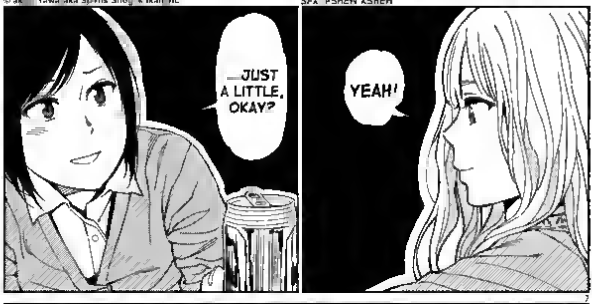
SFX: PSHEW KSHEW



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★ Overlooked muscles ⑦ Sternocleidomastoids

The Sternocleidomastoids tilt your head to the right and left. These muscles extend up from your chest, past your collarbones and neck, up to the back of your ears.
They are also especially easy to strain.

Stretch
ストレッチ
18
akili
アキリ

SFX: GULP GULP GULP GULP GULP
SFX: DUN DUUUN
SFX: EXHALE
REFILL, PLEASE!

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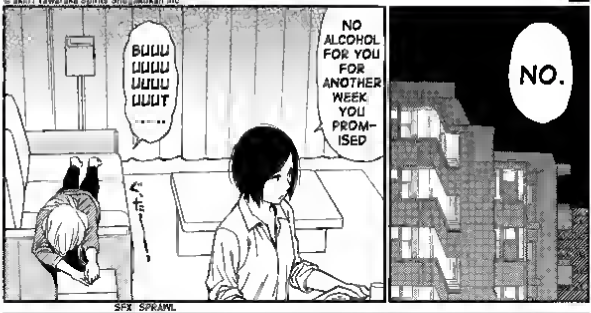
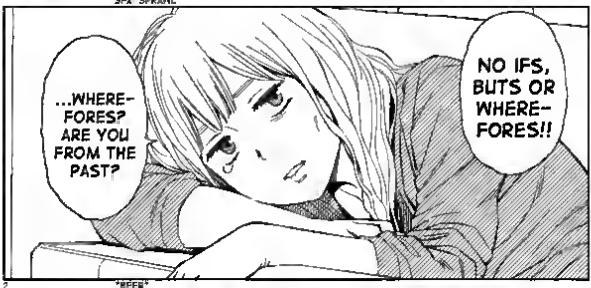
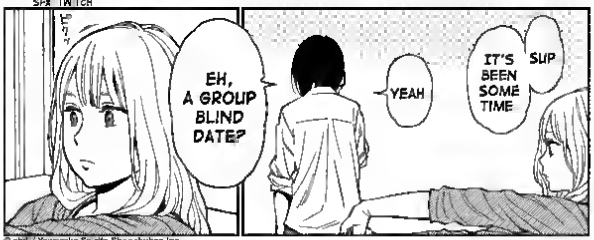




2
BEEP
DID YOU FORGET WHAT HAPPENED LAST TIME? WHOSE FAULT WAS THAT AGAIN?
I'm so sorry...
MINE
Late to work
SFX: SMILE
DRINKING AT WORK JUST ISN'T THE SAME!! I WANNA DRINK LEISURELY AT HOME!!
NOO OO!!
YOU DRINK MORE THAN ENOUGH AT WORK ANYWAY, DON'T YOU?
STUPID SENPAI !!!
SFX: SSSSHHHHH

SFX TWITCH



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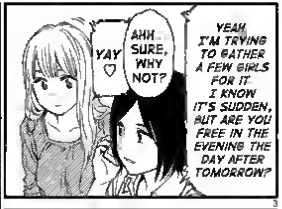
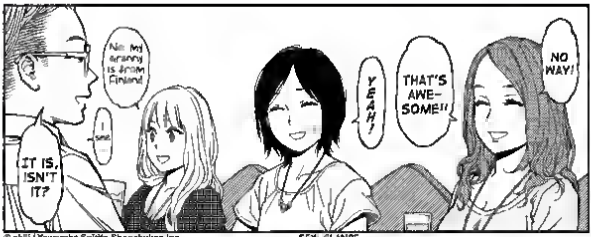
SFX HUFF HUFF

T/L NOTE: THE CHARACTER IN RAN'S EYES SAYS "ALCOHOL"


YEAH, I'M TRYING TO GATHER A FEW GIRLS FOR IT. I KNOW IT'S SUDDEN, BUT ARE YOU FREE IN THE EVENING THE DAY AFTER TOMORROW?
AHH... SURE, WHY NOT?
YAY ♡



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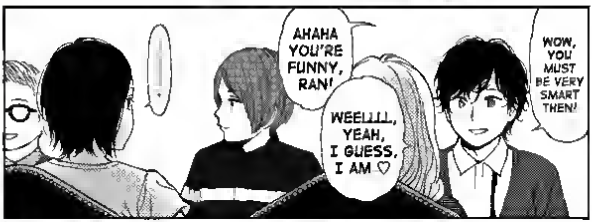
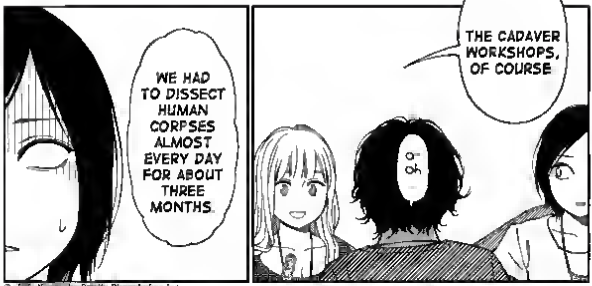
SFX GLANCE





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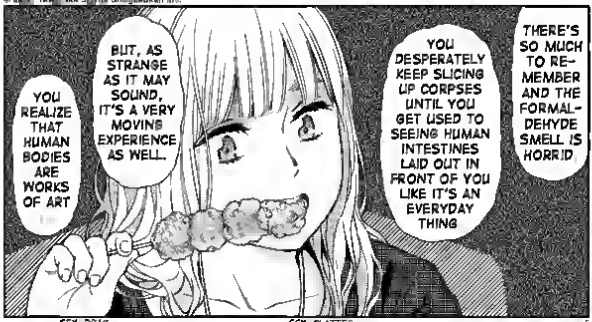
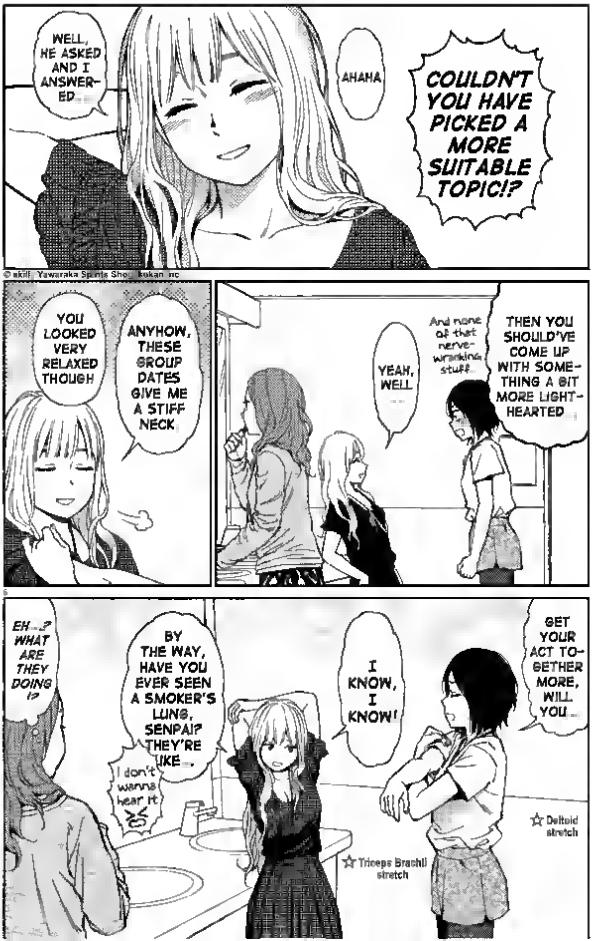

YOU REALIZE THAT HUMAN BODIES ARE WORKS OF ART
BUT, AS STRANGE AS IT MAY SOUND, IT'S A VERY MOVING EXPERIENCE AS WELL.
YOU DESPERATELY KEEP SLICING UP CORPSES UNTIL YOU GET USED TO SEEING HUMAN INTESTINES LAID OUT IN FRONT OF YOU LIKE IT'S AN EVERYDAY THING
THERE'S SO MUCH TO RE-MEMBER AND THE FORMAL-DEHYDE SMELL IS HORRID
SFX: DRAG
SFX: CLATTER

BECAUSE YOU KNOW WHAT HAS LEFT THE BIGGEST IMPRES-SION ON ME?
ガタン
YOU BETTER KEEP IT THAT WAY THEN
NO...
AH, BY THE WAY, DO YOU GUYS SMOKE?


WELL, HE ASKED AND I ANSWERED...
AHAHA
COULDN'T YOU HAVE PICKED A MORE SUITABLE TOPIC!?
© skiff Yawaraka Spirits Shoujo Bunkan Inc
YOU LOOKED VERY RELAXED THOUGH
ANYHOW, THESE GROUP DATES GIVE ME A STIFF NECK.
YEAH, WELL...
And none of that nerve-wracking stuff.
THEN YOU SHOULD'VE COME UP WITH SOMETHING A BIT MORE LIGHT-HEARTED...
EH...? WHAT ARE THEY DOING!?
BY THE WAY, HAVE YOU EVER SEEN A SMOKER'S LUNG, SENPAI? THEY'RE LIKE...
I don't wanna hear it
I KNOW, I KNOW!
GET YOUR ACT TOGETHER MORE, WILL YOU...
☆ Deltoid stretch
☆ Triceps Brachii stretch

☆ Abdominal external oblique stretch
Clasp your hands together at the back of your head and tilt your upper body to the side
HMM...
THE ONE SITTING ACROSS FROM YOU ISN'T BAD, DON'T YOU THINK?
DO IT, SAKI
'KAY
EH...
SAKI-SENPAI, YOU DO IT TOO!
©ukiti/Yawaraka Spirits Shogakukan Inc.
EHH? NOPE.
SAY, RAN, FOUND ANYONE YOU LIKE AMONG THEM?
Put your hands on your hips and move your shoulder back and forth ☆ Scapula stretch
YOU'VE CHANGED? A LOT KEIKO
YEP.
ALRIGHT, LET'S GO BACK TO DRINKING
CRY*
☆ Latissimus Dorsi stretch
Y-YOU THINK?
YOU'RE WAY COOLER THAN HIM THOUGH, SENPAI
LUST
DRINK
SFX GULP GULP
泣
Who'd pick a woman like me anyway...
Can I kiss you sweetie?
色
(Starts kissing everyone)
Err... Why all of a sudden?
呑
Bliss
SFX GULP GULP

SIGH
SENPAI!!!
YOU'LL NEVER BE ABLE TO GET A BOY AS LONG AS YOU'RE WITH THIS FUNNY GIRL, YOU KNOW?
IT'S ALMOST AMAZING HOW WE SCARED THEM AWAY.
NO LUCK TODAY.
ANY-ONE BUT HER!
I'LL NEVER BRING HER ALONG AGAIN. Never ever.
LET'S HAVE A DRINK WITH JUST THE THREE OF US! ♡
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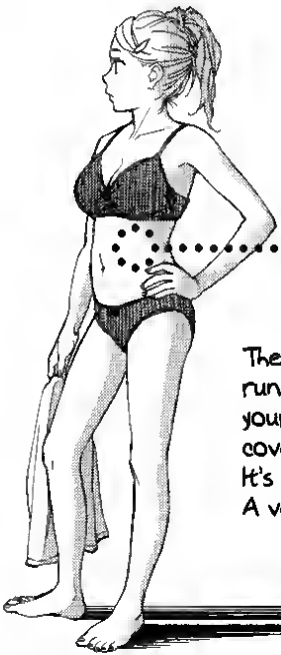
★ Overlooked muscles ⑧ External Oblique Abdominal



The External Oblique Abdominal runs diagonally downward from your sides to your belly button, covering most of your belly. It's responsible for a toned waist. A very big responsibility, mind you.

Stretch
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19
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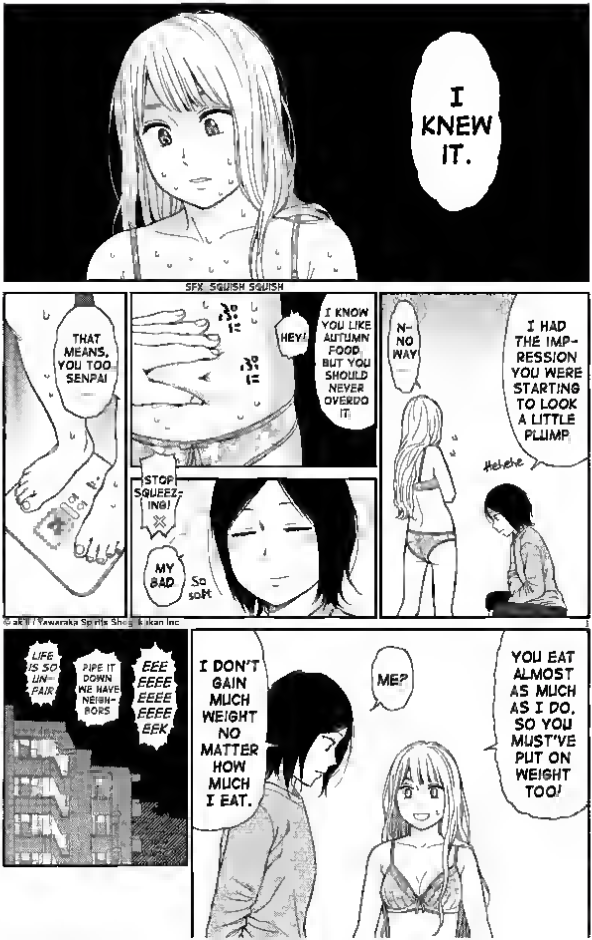
I KNEW IT.
SFX: SQUISH SQUISH
THAT MEANS, YOU TOO SENPAI
HEY!
I KNOW YOU LIKE AUTUMN FOOD BUT YOU SHOULD NEVER OVERDO IT
N-NO WAY
I HAD THE IMPRESSION YOU WERE STARTING TO LOOK A LITTLE PLUMP
hehehe
STOP SQUEEZING!
MY BAD
So soft
© akiru / Yawaraka Spirits Shogakukan Inc
LIFE IS SO UNFAIR
PIPE IT DOWN WE HAVE NEIGHBORS
EEE EEEE EEEE EEEE EEK
I DON'T GAIN MUCH WEIGHT NO MATTER HOW MUCH I EAT.
ME?
YOU EAT ALMOST AS MUCH AS I DO. SO YOU MUST'VE PUT ON WEIGHT TOO!

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AHH, RIGHT, RIGHT, HOW COULD I FORGET.

THERE'S NO DOUBT YOU LACK EXERCISE TOO, SENPAI. YOU HAVE TO JOIN ME!

SUCH A PERFECT WEATHER FOR JOGGING!!

WHY ME TOO ..

Warming Up

- Quadriceps
- Hamstrings
- Gluteus Maximus
- Gluteus Medius
- Tensor Fasciae Latae Muscle
- Adductor
- Tibialis Anterior

etc..

❷ Swing each leg from side to side x 10

❶ Swing each leg back and forth x 10

4 Move each foot up and down
x 10
5 Move each knee in a circular motion
x 10
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7 Lift ona knea and twist your torso.
x 5 left and right
6 Put your hands on your shoulders, make big circles with your elbows
x 5 forward and back
8 Take big steps forward and lower your hips at avery step.
x 5 left and right
SFX: DASH
AS FOR JOGGING...
AH...
AND HERE SHE GOES AGAIN...
BUT FIRST LET ME GIVE YOU A SMALL THEORETICAL INTRODUCTION ON JOGGING. FIRST OF ALL, THERE ARE TWO TYPES OF EXERCISE: AEROBIC AND ANAEROBIC
ALRIGHT, FOR STARTERS LET'S GO FOR A ROUND AROUND THE PARK!

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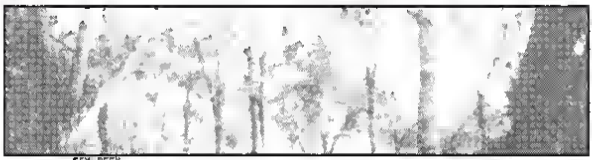
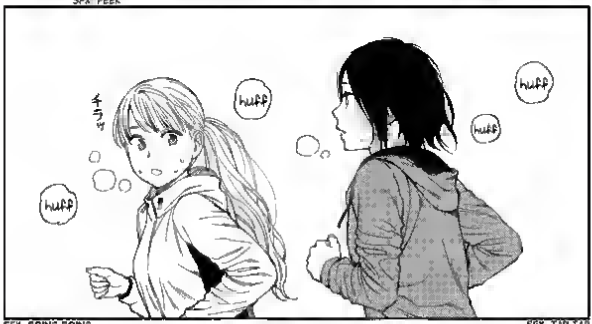
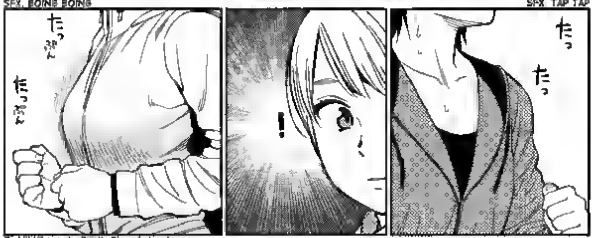
YEAH, YEAH LET'S GO FOR ANOTHER ROUND!
LISTEN CAREFULLY, SENPAI. YOU SEE, JOGGING NORMALLY REFERS TO RUNNING SLOWLY
LIKE I WAS SAYING, IT'S AN AEROBIC EXERCISE DESIGNED TO BURN FAT
AND WHAT IF YOU'RE JUST TOO SLOW?
YO-
YOU'RE NOT SUPPOSED TO RUN THAT FAST!







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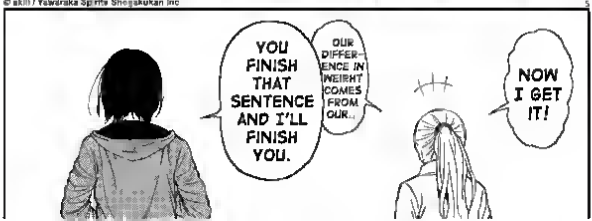

Cooling Down

❶ Lie down on your back and hold one knee.
※ Take care not to lift your back and hips.
10 sec

❷ Lie down on your back and cross one leg over the opposite knee, then pull the other leg down to your chest.
10 sec

❸ Sit down with one leg extended forward and the other bent back, then lean back.
10 sec

❹ Kneel on one knee with the other leg extended back and place your body weight on that knee
10 sec

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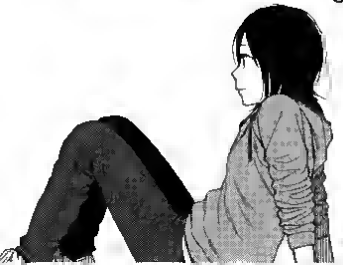
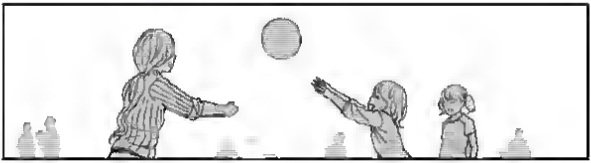
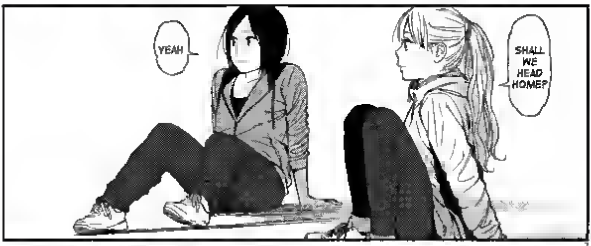
❺ Sit down with one leg extended forward and the other bent back, then bend forward with your hands on the ground in front of you.
15 sec







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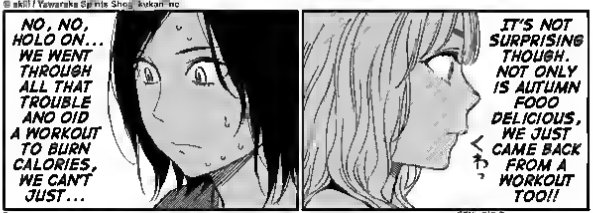
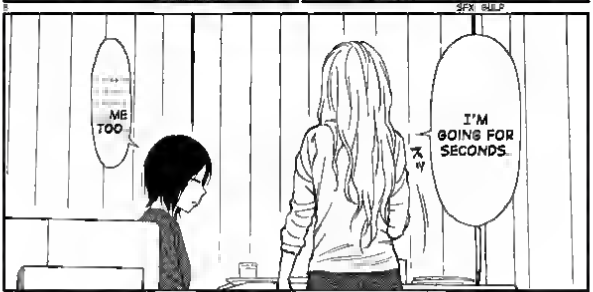

NO, NO, HOLD ON... WE WENT THROUGH ALL THAT TROUBLE AND DID A WORKOUT TO BURN CALORIES, WE CAN'T JUST...
IT'S NOT SURPRISING THOUGH. NOT ONLY IS AUTUMN FOOD DELICIOUS, WE JUST CAME BACK FROM A WORKOUT TOO!!
SFX: GULP



★ Overlooked muscles ⑨ Tensor Fasciae Latae

Stretching from your waist down to your outer thighs, the Tensor Fasciae Latae is mainly in charge of medial rotation (i.e. rotating your legs inwards), but it tends to be hyperactive, and gets tired easily always trying to assist other muscles.
Such a nice fellow

Stretch
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20

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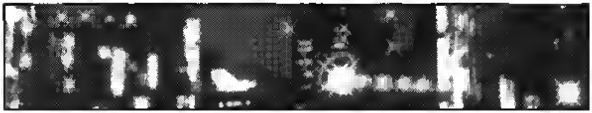
☆Stretches for breaks during standing work



❷ Pectoralis major / Latissimus dorsi stretch

I. Place your hands on a wall and stand with your legs wide apart.
II. Lower your head and shoulders while pushing your bottom back.

15 sec

❶ Erector spinae / Quadratus lumborum stretch

Bend forward with your legs crossed.

10 sec.

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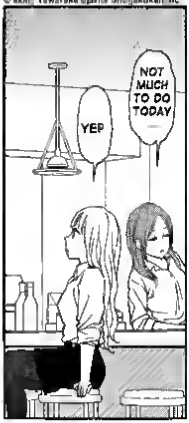
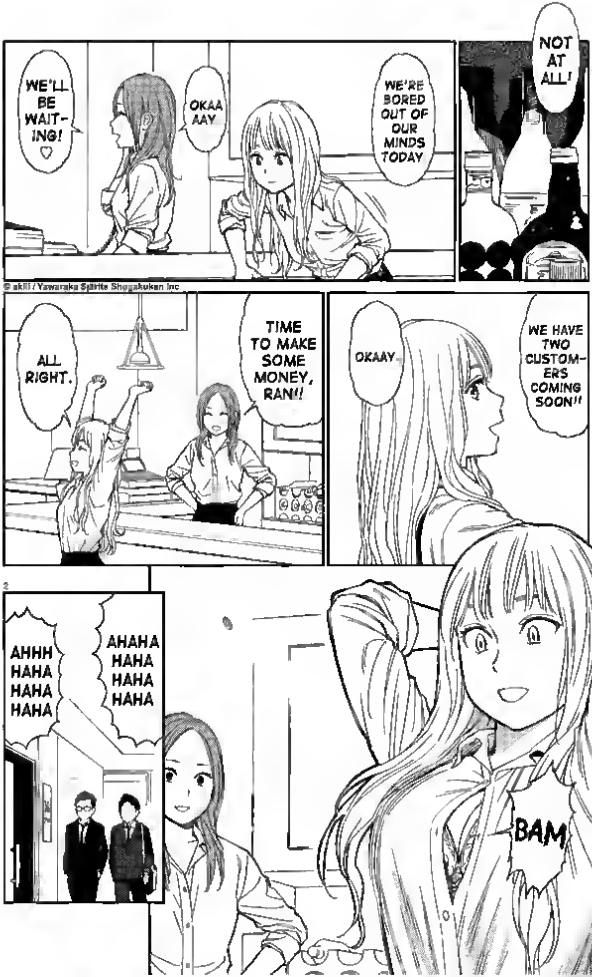


❸ Triceps surae (Soleus + Gastrocnemius) stretch

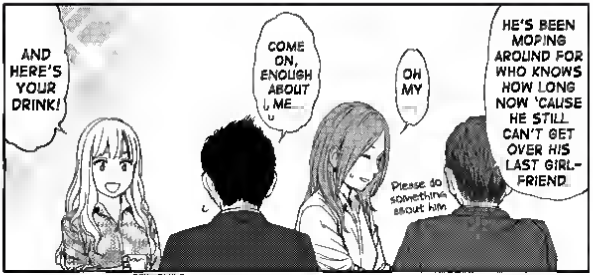
I. Step forward with one foot and put your hands against a wall
II. Lean forward with your body as if to push against the wall.

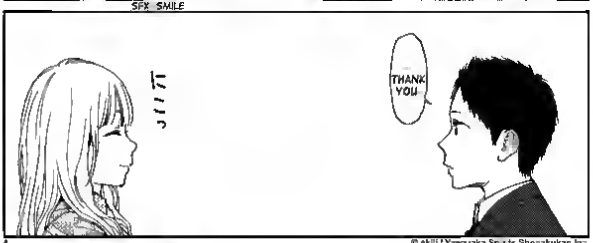
10 sec.

Keep your heels on the ground.


WE'LL BE WAIT-ING!
OKAA AAY
WE'RE BORED OUT OF OUR MINDS TODAY
NOT AT ALL!
© akiii / Yawaraka Spirits Shogakukan Inc
ALL RIGHT.
TIME TO MAKE SOME MONEY, RAN!!
OKAAY.
WE HAVE TWO CUSTOM-ERS COMING SOON!!
AHHH HAHA HAHA HAHA
AHAHA HAHA HAHA HAHA
BAM

AHA HAHA
I got careless there...
WHAT WOULD YOU LIKE TO DRINK?
A HIGH-BALL
AH, NEVER MIND THAT
WHAT WERE YOU TWO LAUGHING ABOUT?
SFX: STARE
WHAT WOULD YOU LIKE?
UMM WHISKY...
AND HOW WOULD YOU LIKE IT?
ON THE ROCKS
KAY
LIKE-WISE
NICE TO MEET YOU ♡
AND YOUR COMPANION IS HERE FOR THE FIRST TIME?
YEAH HE'S MY KOU-HAI
© aki Yawaraka Spirits Shogakukan Inc
WANNA KNOW WHAT THIS GUY'S PROBLEM IS?
HEY COME ON
HEHE... THIS GUY IS EASY GAME...
SFX: FIDGET FIDGET


AND HERE'S YOUR DRINK!
COME ON, ENOUGH ABOUT ME...
OH MY...
HE'S BEEN MOPING AROUND FOR WHO KNOWS HOW LONG NOW 'CAUSE HE STILL CAN'T GET OVER HIS LAST GIRL-FRIEND...
Please do something about him.
SPY SMILE


THANK YOU.
4
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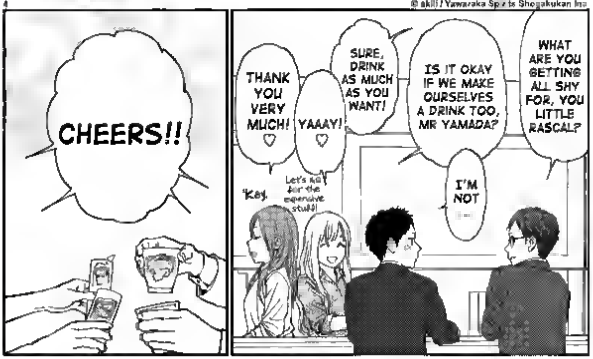
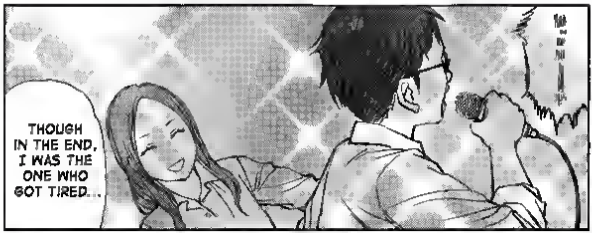
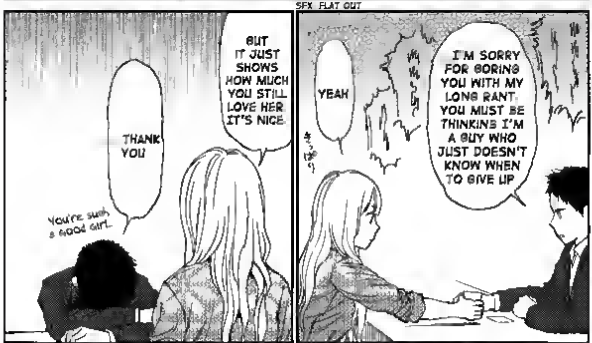

CHEERS!!
THANK YOU VERY MUCH! ♡
SURE, DRINK AS MUCH AS YOU WANT!
YAAAY! ♡
IS IT OKAY IF WE MAKE OURSELVES A DRINK TOO, MR YAMADA?
WHAT ARE YOU GETTING ALL SHY FOR, YOU LITTLE RASCAL?
I'M NOT...
Kay.
Let's all hear the expensive stuff!

OKAY NOW
LET'S SING A DUET TOGETHER
YAY!
SFX: GULP
© akii / Yawaraka Spirits Shogakukan Inc.
AHHHH! WHAT A WASTE TO DOWN IT ALL AT ONCE!
SFX: CLUNK
ARE YOU SURE ABOUT THAT?
REFILL, PLEASE.
SFX: BREATHE OUT
TWO DRINKS IN ONE MINUTE! MIGHT BE A NEW PERSONAL RECORD!
I GUESS YOU CAN HANDLE YOUR ALCOHOL THEN, MISTER!

WE WERE ABOUT TO GET MARRIED, YOU KNOW?
AHH IS THAT RIGHT?
EHH?
I WONDER WHY WOMEN SUDDENLY CHANGE LIKE THAT
SHE WENT FROM BEING HEAD OVER HEELS FOR ME TO SUDDENLY REFUSING TO MARRY ME!
ALL OF A SUDDEN, THERE WAS AN EMOTIONAL WALL BETWEEN US. THIS THICK!
WOW, SOOO THICK
Doesn't really unit.
AND WELL, THIS AND THAT HAPPENED AND SHE WASN'T SO SURE ANYMORE
IT WAS WHAT YOU CALL A SHOTGUN WEDDING I GUESS
Haha
© skid Yawaraka Spirits Shogakukan Inc
I'M SURE SHE WAS HAVING A TOUGH TIME AND ALL
BUT I WAS TOO! WE WERE IN THE SAME BOAT AFTER ALL!
AND I TRIED MY BEST TO SUPPORT HER!
YEAH, YEAH!
SFX: STIR




I'M SORRY FOR BORING YOU WITH MY LONG RANT. YOU MUST BE THINKING I'M A GUY WHO JUST DOESN'T KNOW WHEN TO GIVE UP
YEAH
BUT IT JUST SHOWS HOW MUCH YOU STILL LOVE HER. IT'S NICE.
THANK YOU
You're such a good girl.

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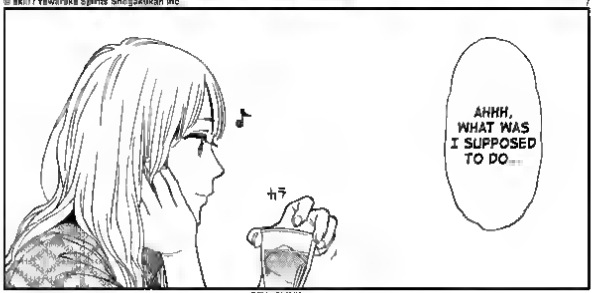

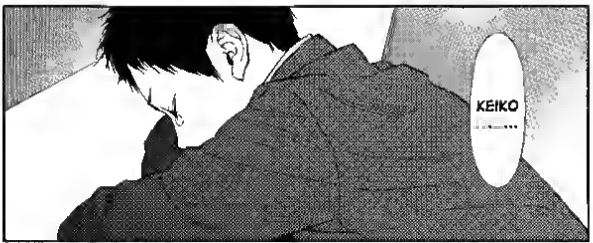

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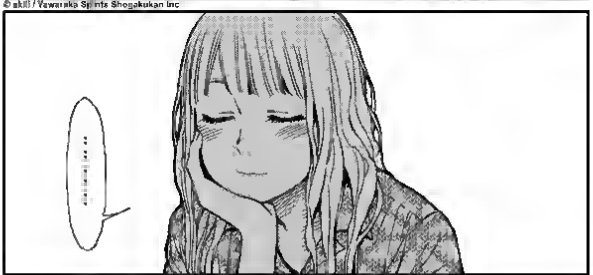

★ Overlooked muscles ⑩ Soleus

The Soleus is a Y-shaped muscle that is located between your calf and your Achilles tendon.
This is the muscle you should train if you want toned ankles.
Since its job is to lift your heels off the ground, it will weaken if you sit around for too long.

Stretch
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21
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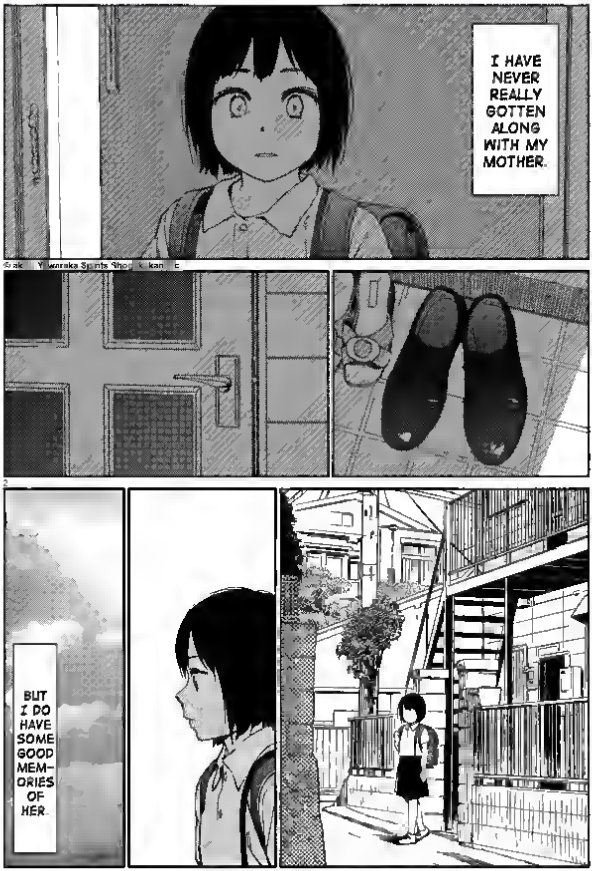
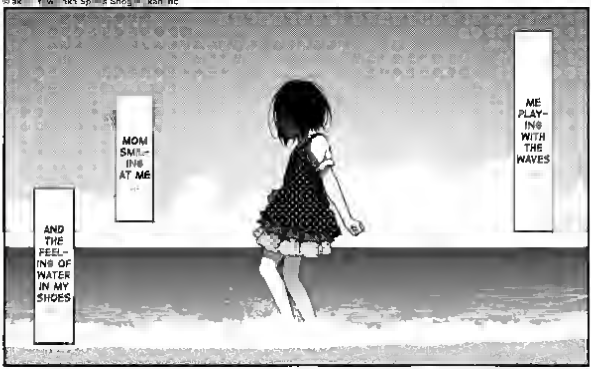

I HAVE NEVER REALLY GOTTEN ALONG WITH MY MOTHER.
BUT I DO HAVE SOME GOOD MEMORIES OF HER.

© ak Y w ks Sp s Shog kan nc



KEI-KO
COKE
WE'RE GOING TO THE CONVENIENCE STORE. DO YOU WANT SOMETHING?
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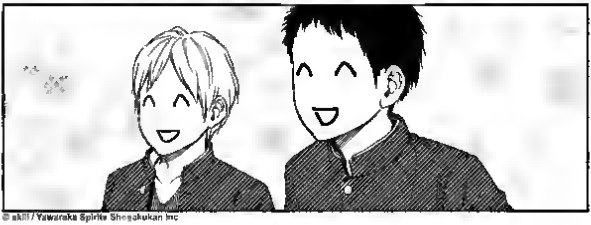
NAKAMURA'S PARENTS WERE NEVER HOME WHEN WE WENT TO HIS PLACE
ME NEITHER JUST MASH THE BUTTONS RANDOMLY
I DON'T KNOW THE CONTROLS THOUGH
OKAY
KOMATSU, PLAY AGAINST ME
EVEN THOUGH WE QUARRELED OVER THE MOST TRIVIAL THINGS, WE TRIED TO TIE OURSELVES TO EACH OTHER WITH EQUALLY CHEAP WORDS.
THE KIDS THAT HUNG OUT AT HIS PLACE WERE LIKE BIRDS OF A FEATHER



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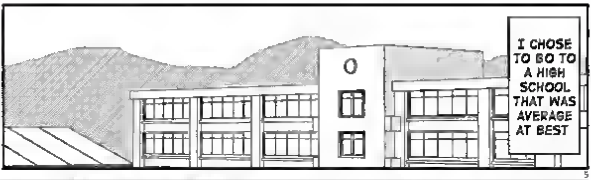

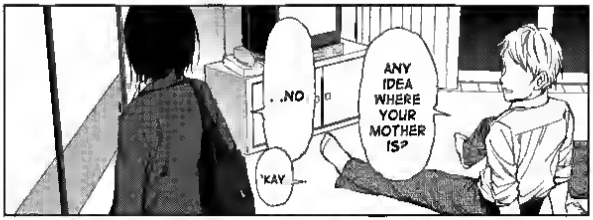

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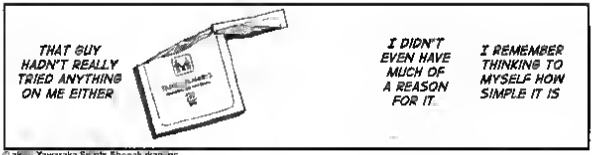
LOOKS LIKE YOU'RE NOT ONLY AS PRETTY AS HER, BUT JUST AS STRONG-WILLED TOO.
OHH, I LIKE THAT.
STOP IT, YOU'RE CREEPING ME OUT.
TO THINK THAT YOU WERE JUST A SNOTTY BRAT THE FIRST TIME WE MET...

YOU'RE ALREADY HAVING SEX AND STUFF, AREN'T YOU?
SFX: SCREECH
WHY'D YOU CALL ME OUT AT THIS HOUR?


THAT GUY HADN'T REALLY TRIED ANYTHING ON ME EITHER
I DIDN'T EVEN HAVE MUCH OF A REASON FOR IT.
I REMEMBER THINKING TO MYSELF HOW SIMPLE IT IS

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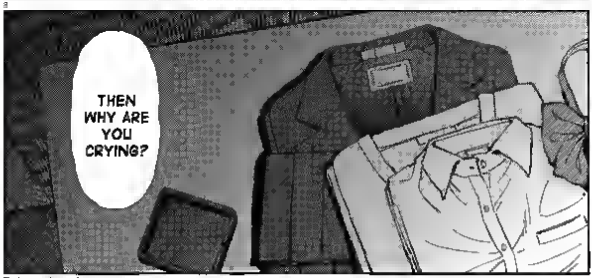

To be continued

Stretch
ストレッチ
22
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HOTE
SAY, WHAT ARE YOU GONNA DO AFTER HIGH SCHOOL?
ISN'T IT ABOUT TIME YOU START THINKING ABOUT IT? IT'S YOUR LAST YEAR, Y KNOW?
OH, SHUT UP
CAN I HAVE A SMOKE TOO?
YEAH WHAT AM I GONNA DO?
NO IDEA
SFX EXHALE
ふぅ
I'M STARV-ING
22 B
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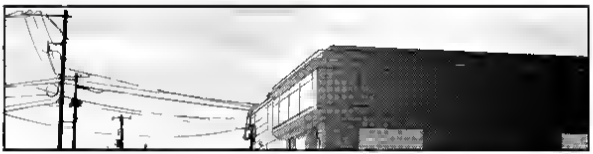

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SHE'D JOINED OUR TENNIS CLUB, OR SO I WAS TOLD.

WHAT A COINCIDENCE, FIRST YEAR!

DAMN, SHE'S CUTE.
SHE WAS THE TYPE OF PERSON I'D NEVER MET BEFORE.
© akiii / Yowaraka Seitto Shogakukan Inc
I COULDN'T GET HER OUT OF MY MIND FOR SOME WEIRD REASON AND FOUND MYSELF CALLING OUT TO HER WHENEVER WE RAN INTO EACH OTHER
ONCE, I ASKED HER THE SAME THING OUT OF THE BLUE.
WHAT ARE YOUR FUTURE PLANS, SAEKI?

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HM?
I THINK DOCTORS ARE COOL.
© pkill / Yawaraka Spirits Shogakukan Inc.
I LIKE PEOPLE.
SO WHATEVER I END UP DOING ...
I WANT IT TO BE A JOB WHERE I CAN HELP PEOPLE.
DON'T YOU FIND DOCTORS COOL!?
Y-
YEAH ...
"I WAS SO SURPRISED."

I THOUGHT ABOUT THE DIFFERENCE BETWEEN HER AND ME.
ASKING MYSELF HOW SHE'S ABLE TO HAVE SO MUCH FAITH IN THE WORLD...
SHE MUST HAVE BEEN RAISED WITH LOTS OF LOVE AND AFFECTION.
EVEN IF IT'S ONLY LITTLE BY LITTLE.
AND I WONDERED IF SOMEONE LIKE ME COULD BECOME LIKE HER TOO...
WHAT ARE YOUR PLANS, SENPAI?
MAYBE ONE DAY.

JUST A LITTLE LONGER...
KEIKO LET'S GO HOME
EVER SINCE THAT DAY, I STARTED STUDYING LIKE NEVER BEFORE,
GOT LUCKY AND ACTUALLY MADE IT INTO A UNIVERSITY IN TOKYO. THERE, I GOT TO KNOW SOMEONE WHO I LOVED WITH ALL MY HEART FOR THE FIRST TIME IN MY LIFE.
NOBODY IS PERFECT AND MY MOTHER WAS NO EXCEPTION. THAT WAS ALL THERE WAS TO IT.
MY RELATIONSHIP WITH MY MOTHER HADN'T CHANGED MUCH, BUT MOVING OUT OF HER PLACE HELPED AND I GRADUALLY STARTED TO FORGIVE HER.
WE GRADUATED
FOUND JOBS AND MOVED IN TOGETHER.
WHAT FOLLOWED THEN WAS

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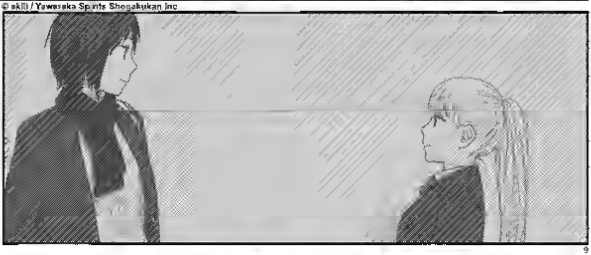

WHOA, GIRL, ARE YOU SURE YOU'RE FINE?
IF YOU SAY SO
NO, I'M PERFECTLY FINE!
BETTER CALL IT A DAY BEFORE YOU PASS OUT
YOU DON'T LOOK FINE TO ME
10
BOY, IS IT HOT TODAY

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I ONLY REMEMBER BITS OF WHAT HAPPENED AFTER THAT.

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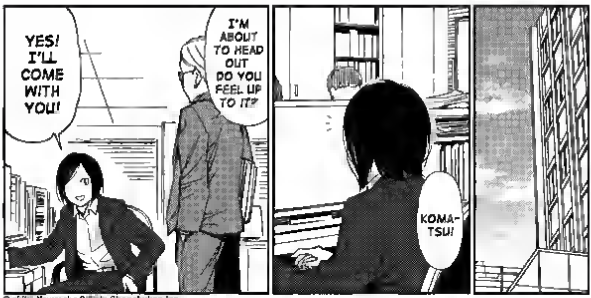

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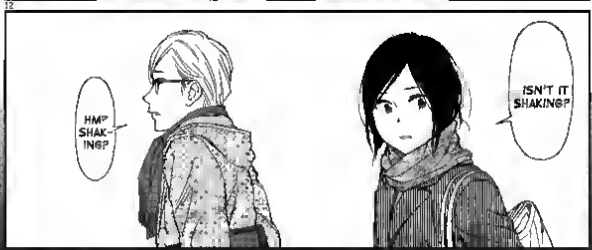

THAT WAS A HUGE ONE!
YEAH
ISN'T THIS LIKE REALLY BAD?
THINK THE TRAINS STILL RUN?
MAN THAT WAS SCARY
HURRY, GIVE THEM A CALL!
IT'S USELESS! CAN'T GET THROUGH TO THEM!
WHERE WAS THE EPICEN-TER?
ERR
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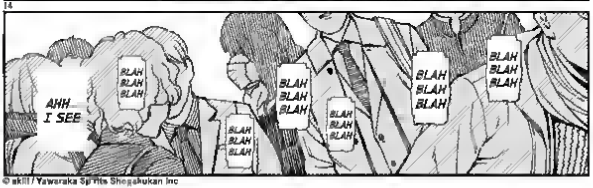
SEEMS LIKE IT WAS TOU-HOKU.
AH...

14



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IN THE END, I HAVEN'T CHANGED IN THE SLIGHTEST.

IF THERE'S SOMETHING I WANT, BUT CAN'T HAVE, I SIMPLY TRY TO FILL THE VOID WITH SOMETHING ELSE. I'M STILL THE CHILD I WAS THEN.

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EH?

SHUT UP.

SHUT UP...

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幕間文／輔老 心

SPECIAL THANKS ／杉本さつ希

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